

# COURSE SYLLABUS



COURSE TITLE: AET 272: Field Prevention Injury/Care 1

CLASS SECTION: 002A and 002B

TERM: 2025W

COURSE CREDITS: 3

DELIVERY METHOD(S): Face to face lectures and labs

For COVID-19 information please visit <https://camosun.ca/about/covid-19-updates>

Camosun College campuses are located on the traditional territories of the Ləkʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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## Mandatory Attendance for First Class Meeting

This section of 002A and 002B requires mandatory attendance for the first class meeting of the course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies for Students" [Registration Policies for Students | Camosun College](#)

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## INSTRUCTOR DETAILS

NAME: Jennifer Gow, PhD, CAT(C)

EMAIL: [gowj@camosun.ca](mailto:gowj@camosun.ca)

OFFICE: PISE 212E

HOURS: Office hours: Tuesdays from 3-4 pm and Thursdays from 1-3 pm

INSTRUCTIONAL ASSISTANT: Sheena Kelly, BSc, CAT(C)

*As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.*

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## CALENDAR DESCRIPTION

This course introduces the learner to the prevention and basic on- field assessment of injuries and exercise derived conditions. Through both theory and practice, students learn about the basic recognition and the basic immediate care of common injuries and exercise derived conditions, and basic taping techniques. OPEN to BAET, and KIN students.

PREREQUISITE(S): One of:

C in BIOL 143

C in BIOL 150

C in BIOL 152

PRE/CO-REQUISITE(S): One of:

C in BIOL 144

C in BIOL 151

C in BIOL 153

## COURSE LEARNING OUTCOMES / OBJECTIVES

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At the completion of this course, students will be able to:

- Discuss the prevention and basic immediate care of injuries.
- Discuss the etiology, mechanisms, signs and symptoms, and management and prevention techniques for common injuries.
- Describe the differential assessment among the injuries.
- Discuss the acute inflammatory response affected when the proper immediate care methods are applied.
- Perform basic assessment tests for injuries.
- Demonstrate common medical terminology related to the identification of injuries.
- Demonstrate basic assessment and care of injuries through applications of assessment and management techniques.
- Demonstrate proper professional conduct when interfacing with the medical team and communicating with the injured individual.

## REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

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a) Course Pack: AET 272 Field Prevention/Injury Care 1 Lab Material.

Note: This will be available on D2L.

b) Anderson, M.K. (2021) "Foundations of Athletic Training. Prevention, Assessment & Management", 7<sup>th</sup> Edition, Lippincott, Williams & Wilkins.

c) Beam, J.W. (2017) "Orthopedic Taping, Wrapping, Bracing & Padding", 3<sup>rd</sup> Edition, F.A. Davis Company.

## COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

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The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor. Changes will be announced in class. Please also check D2L regularly for any updates.

### Lecture Schedule

WEEK	TOPIC
Week 1	Overview of course outline

WEEK	TOPIC
Week 1	Inflammation and Healing
Week 2	Mechanism of Injury HOPS
Week 3	Ankle
Week 4	Foot
Week 5	Knee
Week 6	Hip
Week 7	<b>Reading Break</b>
Week 8	<b>Midterm Written Exam: Week of Feb. 24<sup>th</sup> to Feb. 28<sup>th</sup></b>
Week 9	Thigh
Week 10	Shoulder
Week 11	Elbow
Week 12	Wrist
Week 13	Hand
Week 14	Review

### Lab Schedule

WEEK	TOPIC
Week 1	Lab procedures and expectations Introduction to General Principles of Taping
Week 2	On Field Assessment and Sideline Assessment Process Ankle
Week 3	Ankle
Week 4	Foot
Week 5	Knee
Week 6	Practice Scenarios
Week 7	<b>Reading Break</b>
Week 8	<b>Midterm Practical Exams: Week of Feb. 24<sup>th</sup> to Feb. 28<sup>th</sup></b>
Week 9	Hip/Thigh

WEEK	TOPIC
Week 10	Shoulder
Week 11	Elbow
Week 12	Wrist Thumb
Week 13	Fingers Practice Scenarios
Week 14	Practice Scenarios

Written and practical final exams as scheduled during College Exam Period from **April 14<sup>th</sup>-25<sup>th</sup>, 2025**.

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

#### EVALUATION OF LEARNING

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DESCRIPTION	WEIGHTING
Midterm Written Exam	20%
Final Written Exam	30%
Midterm Practical Exam	20%
Final Practical Exam	30%
	<b>TOTAL</b>
If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the <a href="http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf">Grade Review and Appeals</a> policy for more information. <a href="http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf">http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf</a>	100%

#### COURSE GUIDELINES & EXPECTATIONS

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- The written exams will include evaluation of comprehension and application of material covered in lectures and labs.
- The practical exams will include evaluation of comprehension and application of material covered in lectures and labs.

## Lab Participation Expectation of Conduct

As a component of this course, students will be expected to participate in role-playing activities to allow student to practice assessment skills on each other. Please be aware that learning what the human body feels like in a healthy condition is important when it comes to recognizing unhealthy or injured states. In the course of learning to do assessments on each other, students will need to be touching each other in a safe and professional manner on a regular basis. As a health care professional, students will be expected to refrain from any inappropriate touching. In turn, students will have the assurance that the other participants have agreed to do the same. If this makes you uncomfortable in any way, please speak to the instructor prior to the beginning of the course. There can be no exception to this participation.

In accordance to the principles of health and safety and injury prevention which are core components of this course, it is expected that all participants in practice will always strive to maintain optimum levels of safe behavior (personal hygiene, decontamination of personal protective equipment, care with lifts and use of proper body mechanics, etc.) with a minimization of potential for disease transmission.

Because of the practical nature of the labs, all students must come prepared with “appropriate dress” to allow for hands on application / demonstration of assessment techniques.

Please come on time to all labs. If you are more than 5 minutes late with no reasonable explanation, you will not be permitted to enter the lab.

## Additional Information

*Policy on Calculators:* Calculators will be permitted during tests. Permission is restricted to non-programmable calculators only. Cell phone calculators and smartwatches cannot be used.

*Policy on Cell Phones, PDAs, and other Electronic Devices:* Cell phones, PDAs, and other electronic devices (such as ear buds, headphones, etc.) are not to be used during scheduled lecture and lab times. Please ensure that they are turned off prior to entering the classroom. Audio and video recordings of lectures and labs are prohibited, unless there is valid documentation provided from CAL. You are permitted to use your laptop during lab to take notes, but sending emails, web surfing, chatting or playing internet games is prohibited. This is distracting and disrespectful to the instructor and your peers.

*Exam and Assignment Scheduling:* The course exams and assignments are pre-scheduled by the instructor and written or due as outlined in this course outline. The final exam will be scheduled by the Registrar’s office. Final examinations may be scheduled at any time during the examination period by Camosun College. All students are expected to write the final exam at the time, date, and location set by the Office of the Registrar. Students should therefore avoid making prior travel, employment, or other commitments for this period. If the student is absent for an exam (written or practical) and has not made arrangements with the instructor in advance, a zero grade will be applied.

## SCHOOL OR DEPARTMENTAL INFORMATION

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The applied nature of our programs requires a strong linkage between the theoretical components and the applied components; attendance is mandatory for all labs.

- Missing 10% of classes with unexcused absences will result in a meeting with the respective instructor.
- Missing 20% of classes with unexcused absences may impact the final grade.

An excused absence includes: a) a bonafide intercollegiate trip; b) permission of instructor prior to absence; and c) compassionate reasons.

## STUDENT RESPONSIBILITY

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Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

## SUPPORTS AND SERVICES FOR STUDENTS

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Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

### Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

### Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

### Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures"

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

### Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

### Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

**Changes to this Syllabus:** Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.